The pride of North Carolina's electric cooperatives

Volume 47, No. 11, November 2015

Carolina country

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Giving

INSIDE:

Roger's warm wish

How horses heal

Our holiday gift guide

Your Touchstone Energy® Cooperative

PERIODICAL

Cooperatives bring a refreshing attitude to Washington, D.C.—page 8

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November 2015
Volume 47, No. 11

FEATURES

6 *Roger's Wish*
Carefree and sometimes homeless in Bladen County, Roger's wish was to help others.

12 *It Pays to Be a Cooperative Member*
You are earning a refund that your cooperative will give you later as a check or credit.

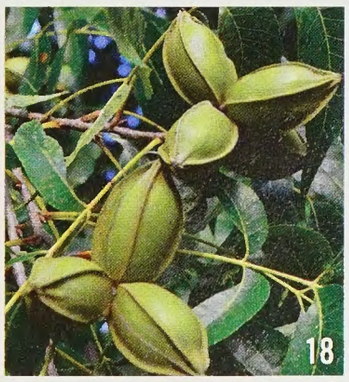
16 *Girls and Horses*
At CORRAL, they can feel safe and needed.

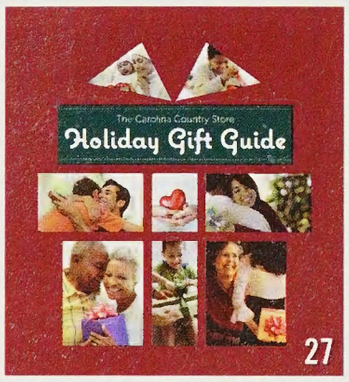
18 *Pecans*
A holiday tradition in pies, pralines and pieces

27 *North Carolina Giving*
Carolina Country's annual holiday gift guide.

ON THE COVER

Kacey, 15, is making straight A's after six months of participation in the CORRAL Riding Academy in Wake County, a place where girls who have had a tough-go at life can get a "leg up." See page 16. (CORRAL photo)





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FAVORITES

4 **Viewpoint**
Focus on low-cost renewable energy, not renewables at any cost.

8 **More Power to You**
Co-ops bring a refreshing attitude to Washington, D.C.

13 **Photo of the Month**
"Turning."

20 **Where Is This?**
Somewhere in Carolina Country.

32 **Joyner's Corner**
How to double your money.

33 **Marketplace**
A showcase of goods and services.

34 **Carolina Compass**
A memorable museum in Mooresville.

38 **Energy Cents**
Insulated window treatments.

40 **On the House**
Sealing your HVAC ducts really helps.

41 **Classified Ads**

42 **Carolina Kitchen**
Cranberry Salad, Italian Three Cheese Macaroni, Incredible Coconut Cake.

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Editor
Michael E.C. Gery, 919-875-3062
Senior Associate Editor
Renee C. Gannon, CCC, 919-875-3209
Contributing Editor
Karen Olson House, 919-875-3036

Creative Director
Tara Verna, 919-875-3134
Senior Graphic Designer
Warren Kessler, 919-875-3090
Graphic Designer
Erin Binkley, 919-875-3089
Graphic Designer
Linda Van de Zande, 919-875-3110

Publication Business Specialist
Jenny Lloyd, 919-875-3091
Advertising
Jennifer Boedart Hoey, 919-875-3077

Executive Vice President & CEO
Joseph P. Brannan
Senior Vice President, Corporate Relations
Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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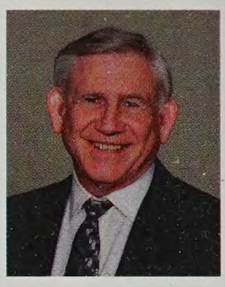
Focus on renewable energy at low cost, not at any cost



By Charles E. Bayless

Solar energy certainly is a key component for a clean, carbon-free energy future for this country. Behind the promise of solar energy, however, is a cloud that obscures how we pay for residential rooftop solar electricity, and it is preventing solar from reaching its true potential.

The issue relates to the policy of "net metering" that pays rooftop solar generators, or any off-grid renewable energy power generator, for the power they send into the grid. As an incentive for renewable energy development, some states require electric utilities to pay local generators at the same rate the utility charges for electricity generated at a power plant—let's say 12 cents per kilowatt-hour that customers pay for power. The notion is that the rooftop power represents fewer kilowatts that the utility would otherwise need to supply. But such a policy throws off balance the economics of supplying electricity.

The retail rate of electricity—that 12 cents per kwh—pays for not just power, but a host of other services that electric utilities provide. (A rooftop generator does not supply these other services.) Besides generating electricity, a utility must invest in ensuring that electricity is always available when it's needed. Ensuring a reliable, stable, safe supply of electricity is a big expense.

While consumers who generate power may theoretically reach a level where they produce as much power as they use—known as a "net zero" level—they represent a "net negative" to the grid services economy as a whole. Localized solar generators escape paying their share of the true costs of the reliable power that they consume at night when they are not generating electricity. It creates an economic situation that actually adds to the cost of the grid, costs that must be paid by other customers. To say small localized generators do not use the grid is like saying someone who drives 40 miles on the highway to work in the morning and drives the same route home at night is a "net zero" user of the highway.

Utilities must maintain power plants that can increase or decrease their output on a second-by-second basis to compensate for the variability of generators that don't operate around-the clock, such as solar and wind power facilities. A utility will not deny a net-zero customer access to grid power, but that customer should contribute to the maintenance of grid power by accepting a less-than-retail rate for the power produced on the rooftop.

When utilities pay retail rates for rooftop solar power, there's less incentive for new, innovative renewable energy producers to enter the market, because they won't be able to get the same high rate. This deprives the market of pricing signals necessary for investment in the future of renewables.

It is true that when all external costs are considered—such as climate change—electricity produced by renewable energy can be cheaper than electricity produced by fossil fuels. But that is no reason for installing renewable energy systems at any cost, instead of at the lowest overall cost. Paying 12 cents per kwh for rooftop solar is far from the lowest overall cost.

Charles Bayless retired as CEO of Tucson Electric Power in Arizona and is a board member of the energy solutions company Pike Corporation.

Carolina Country as dog food

My new rescue dog ate my homework. Oh wait, that's not quite right. My new rescue dog ate (or actually chewed) the recipe page from the October issue of Carolina Country that I had torn out of the issue, as I usually do. I had planned to try several of them, especially as one of my daughters loves just about anything with pumpkin in it. Would it be possible to get a copy of the recipes? I am a member of Tideland Electric, with a cottage in Fairfield, Hyde County, on the last piece of property once owned by my grandfather, Hertford Jones.

Marge Libertini, Manchester, Md.

Big Wind in North Carolina

It constantly amazes me that ratepayers continue to fund expensive wind power with tax dollars ["More Power to You," September 2015]. Look at the facts in the article: Iberdrola Renewables intends to cover 22,000 acres of farmland with 104 wind turbines that produce only 208 megawatts of electricity. Cheaper coal-fired power plants produce 1,600 mw at a fraction of the cost and, with new technologies, very low emissions. Not only that, the tax rebates and credits required to make these turbines competitive are going to a Spanish company. All of this to produce 10 permanent jobs. It does not sound like such a good deal to me.

David Beerbower, Blowing Rock
Blue Ridge Electric

A smart 8-year-old

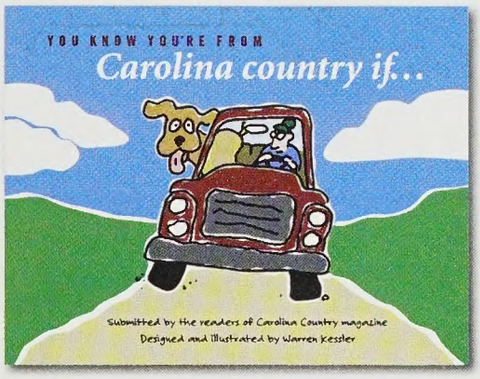
My 8-year-old, Macy, was reading the magazine and wanted me to let you know that the scene in "Where Is This" [October 2015] is Henry River, where they filmed "Hunger Games." We have been there to see the site.

M.C. Hartley, Seagrove, Randolph Electric

From Carolina country

I love love—not like love—the Carolina Country, especially the stories. I really enjoyed the October 2015 issue's "Where Life Takes Us." I really want you to bring back "you know you are in Carolina country if…" I am waiting to give you my list. Please bring it back! It brought so many good memories and laughter.

Clara Gilmore, Laurinburg, Lumbee River EMC


YOU KNOW YOU'RE FROM
Carolina country if…
Submitted by the readers of Carolina Country magazine
Designed and illustrated by Warren Kessler

Editor's Note: Ms. Gilmore refers to the series—written by readers—that included these. The section was called "You Know You're From Carolina Country If…"

…You like your fellers with a little bit of Momma's raisin' in 'em 'cause Momma taught 'em right.

…You know the difference between 4-wheelerin' and muddin' and you've done both.

…When you are acting wild, people ask if you were raised in a barn.

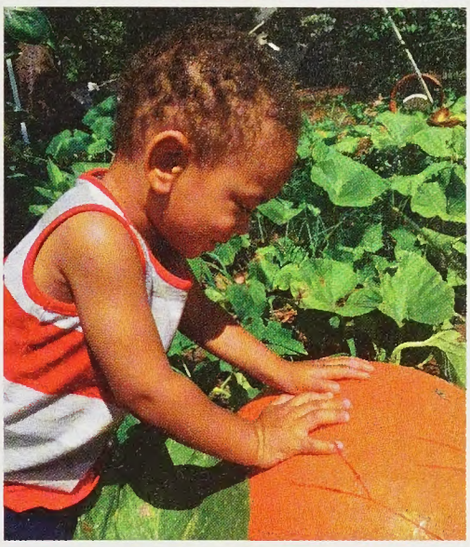
…You know that if it thunders in the winter you only have a week before it is going to snow.

…"I use ta could" is a sentence that can and will be used in the workplace and everywhere.

…If you are at work and it starts to rain, it's OK, because you know the neighbors will get your clothes off the line.

…You know the difference between a hissie fit and a conniption, and that you don't "have" them, you "pitch" them.

Buy the book as a Christmas gift, only $7 on carolinacountry.com.



Sammy in the garden

Sammy is checking out a giant pumpkin in his great-great Aunt Syble's backyard garden. Aunt Syble grows many fruits, herbs and vegetables on her small corner lot in Fayetteville, including pumpkins, figs, cucumbers and tomatoes. She also has backyard chickens that provide fresh eggs year-round. Her bountiful organic harvests are always shared with co-workers, family and church members.

Sammy is only 2, but he loves to water the plants, feed the chickens and pick ripe veggies. He walks into the yard with a loud greeting: "Hi, chickens!" I love seeing generations of our family stay connected to their Carolina Country roots, no matter the age.

LaToya Richie Williams, Fayetteville, South River EMC and Lumbee River EMC

Contact us

Website: carolinacountry.com
E-mail: editor@carolinacountry.com
Phone: 919-875-3062
Fax: 919-878-3970
Mail: 3400 Sumner Blvd.
Raleigh, NC 27616
Find us on facebook at
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Roger's Wish

By Jeffrey Bryan

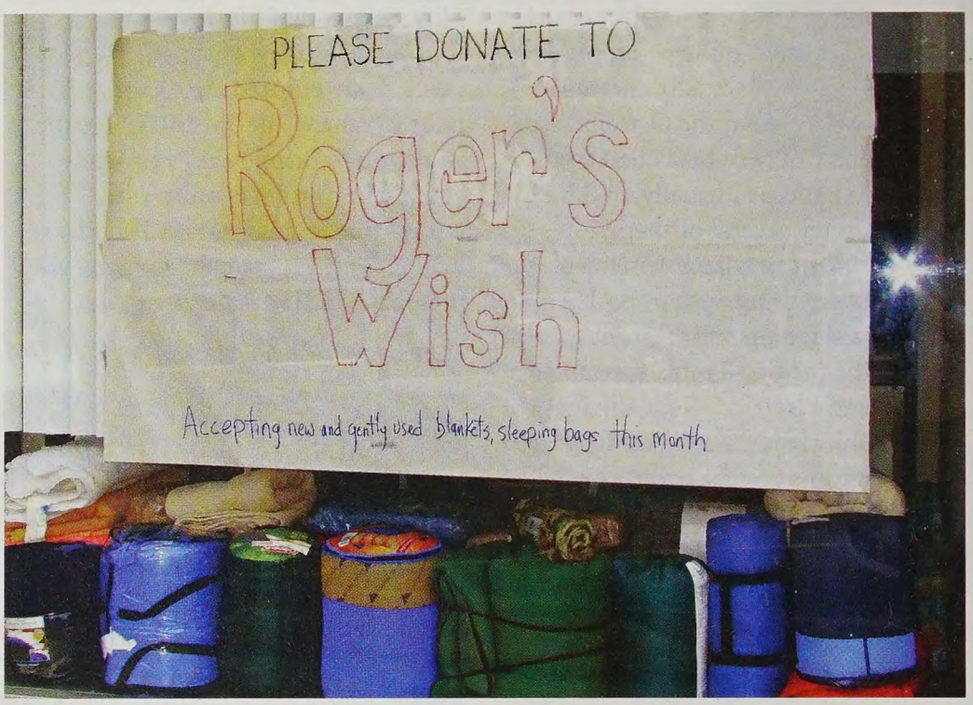
I first saw Roger Grunder reading a book on a park bench one sunny afternoon in 2011. He had been living around Elizabethtown as a homeless person for the past three years of his young life. Despite his carefree lifestyle, Roger had a heart of gold and was always involved in helping others.

In Aug. 2013, Roger approached the staff of the local newspaper office, the Bladen Journal, where he was friends with the editor. He had an idea for a project to collect new and "gently used" blankets and sleeping bags for the homeless and needy from around the area. The staff agreed to assist Roger with his project before the onset of winter.

On Aug. 28 of that year, Roger accepted Jesus into his life while attending evening services at Open Door Ministries. After being baptized the following day, a church member and friend presented him with a car. Early the following morning, August 30, the sun rose without Roger. He had been killed when his car left the road and overturned.

While still grieving the loss of their friend, the Bladen Journal staff decided his project should go forward. They decided to name the event "Roger's Wish" in his memory. During the month of October, more than 100 donations poured into the newspaper office, with many of the donors eager to remember Roger. The staff vowed to carry the project each year due to its huge success. The following October, 2014, saw the amount of donations nearly double in number, with some of the donations from as far away as New York and Florida.

Donations for Roger's Wish are accepted through November 6 at the Bladen Journal, 138 W. Broad St., Elizabethtown, NC 28337.



The late Roger Grunder: carefree with a heart of gold. He volunteered at the Bladen Crisis Center Thrift Store, where his friends Ruth Hall and Liz Watson keep his SpongeBob apron hanging where he left it.

Besides having a kind heart, Roger was also known for his sense of humor. While volunteering at the Bladen Crisis Center Thrift Store, he would often wear a SpongeBob apron over his clothes as a humorous gesture to the customers. More than two years after his death that apron still hangs from a small rack near the back of the thrift store, exactly where Roger left it on his last day there.

Jeffrey Bryan lives in White Oak, Bladen County, and is a member of Four County EMC.

Send Your Story

If you have a story for "Where Life Takes Us," about an inspiring person who is helping others today, or about your own journey, send it to us with pictures.

- We will pay $100 for those we can publish.
- Send about 400 words.
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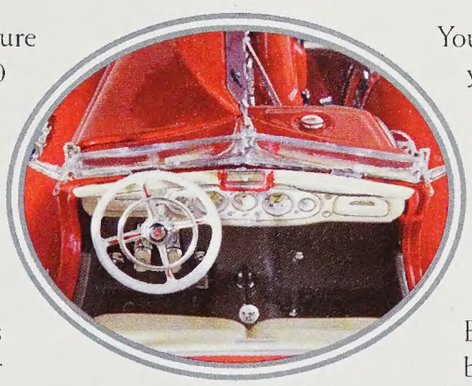

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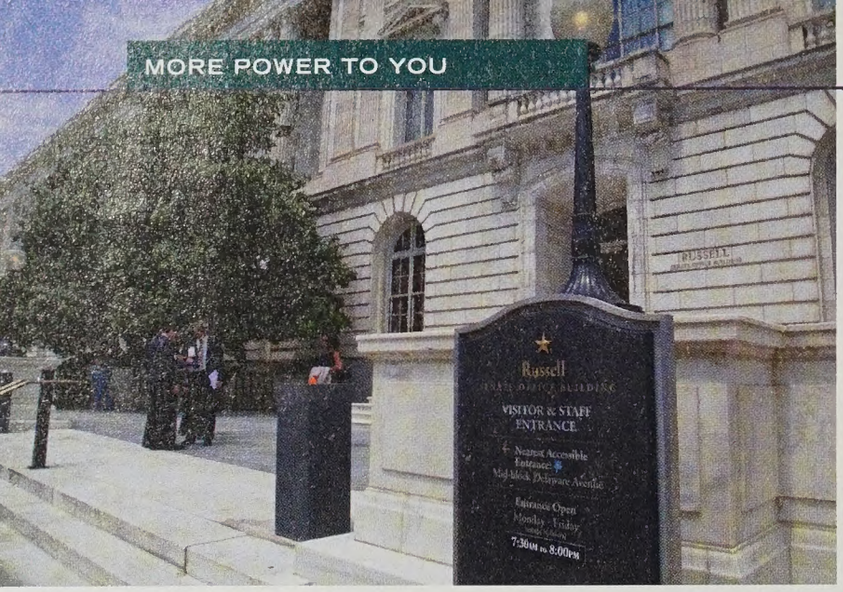


When North Carolina's electric co-op delegates visit representatives in Congress, they are respected because their issues are generally non-partisan and concern the interests of cooperatives and their communities.

Electric co-ops bring a refreshing non-partisan attitude to a polarized Washington, D.C.

What can electric cooperatives accomplish politically at a time when the political system is dysfunctional?

Plenty, and electric cooperatives are positioned perfectly to fill a need, according to a one-time top Republican official.

"You play a very important role here because through your members, you're still people power," former U.S. Rep. Tom Davis told electric co-op delegates at a regional convention held in Charlotte in September. "In a very polarized Washington, you maintain a good balance between Republicans and Democrats in equal respect."

A past chairman of the National Republican Congressional Committee, Davis told about 350 supporters of the Action Committee for Rural Electrification that partisanship and ideological purity have consumed the nation's capital in recent years.

A moderate middle, especially in the House of Representatives, has all but disappeared as Republicans and Democrats strive to be perceived as the most conservative or liberal representatives of their causes, Davis said. "The good news for you is that a lot of your issues really straddle this. They're not really ideological."

—Steve Johnson, ECT.coop

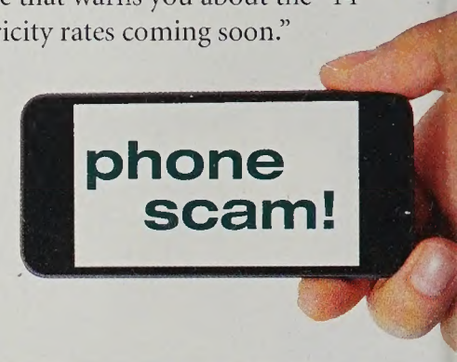
Duke Energy plans to replace coal-fired plant

Duke Energy is moving ahead with plans to replace a coal-fired plant in Skyland, near Asheville, with a new plant that will burn natural gas. If approved by the N.C. Utilities Commission, the new 600-megawatt plant will be located on the site of the 376-megawatt coal-fired facility that first opened in 1964.

As part of the project, Duke is considering a new 45-mile transmission line from the vicinity of the new plant to a new substation to be cited across the state line in Campobello, Spartanburg County, S.C. If pursued, that project also would need approval from the state utilities commission.

Another scam

Beware of a recorded message on a telephone call coming from a local area code that warns you about the "14 percent increase in electricity rates coming soon." The message claims that the American Recovery and Reinvestment Act allows you to avoid the increase. Your co-op does not issue such telephone messages to members. Just hang up.



A vulnerable section of N.C. 12 (Virginia Dare Trail) in Kitty Hawk, Dare County, gave way during the early October storm.

Early October rain and wind harassed the coast

While Hurricane Joaquin veered away from North Carolina's coast during the first weekend in October, a low pressure system in its wake brought heavy rain and wind from the southeast to coastal counties, some inland regions, and the southern mountains.

Gov. Pat McCrory declared a state of emergency ahead of the storm on Oct. 1, and 12 counties did the same. Flooding and beach erosion spread as the weather event persisted from Oct. 2 to Oct. 5. Minor power outages occurred in electric cooperative service areas. Agricultural properties suffered setbacks due to heavy rain and flooding.

At the height of the storm, state ferry service was suspended. Service to Ocracoke Island remained suspended for visitors until Oct. 8. Some 60 state-maintained secondary roads were closed, reported N.C. Department of Transportation. Closed roads included N.C. 12 on Cedar Island in Carteret County, N.C. 179 in Brunswick County, N.C. 50 in Duplin County, U.S. 117 near Castle Hayne in New Hanover County, N.C. 210 at North Topsail in Onslow County, N.C. 12 on Ocracoke in Hyde County and N.C. 12 in Kitty Hawk in Dare County.

Fort Bragg served as a staging area for emergency services.

While damage was considerable and flood waters remained treacherous for days in some areas, the flooding was not nearly as bad as just over the border throughout South Carolina. Some 550 roads, including 75 miles of interstate highway, were closed Oct. 5. All but one of the state's electric cooperatives experienced power outages.

CO-OPS AND COMMUNITY JOBS

Four County Electric helps fish processing plant expand

Four County Electric Membership Corporation, based in Burgaw, has been involved in a wide-ranging partnership that is turning a new industrial park into a major economic player in the region. The cooperative's contribution to the project at Pender County Commerce Park was a $2 million federal loan that helped reel in a new seafood processing plant.

That business is making a greater-than-expected economic impact since opening in March. The zero-interest loan from the U.S. Department of Agriculture's Rural Economic Development Loan and Grant Program, or REDLG, helped the Acme Smoked Fish Corporation buy equipment to process and smoke salmon, wild-caught herring and other fish.

The $30 million, 100,000-square-foot plant isn't on Four County EMC lines, but the New York-based company is making a mark among co-op members by providing new job opportunities. It has surpassed its five-year goal of 120 full-time hires, many of them co-op members.

Gabriel Viteri

Gabriel Viteri

One of 120 new employees at a Pender County seafood plant works at machinery purchased by a Four County EMC loan.

Construction pumped about $15 million into the area, and economic impacts of at least $55.8 million are projected annually.

"Our area of southeastern North Carolina hasn't bounced back as quickly from the economic downturn as other parts of the country," said Jimmy Smith, director of economic and community development at Four County EMC. "The project is a big win for Pender County and the rest of the area."

Helping to land the deal was a team of officials from state and county governments, Pender Progress Corp., Wilmington Business Development, Cape Fear Community College, a financial institution and the co-op.

Four County EMC was "extremely instrumental and involved from the beginning" in helping the group's recruitment effort, said Richard Nordt, vice president of engineering and manufacturing with Acme Smoked Fish.

Strong community ties also played into the company's decision to expand operations to Pender County. "Four County EMC and Pender County have been partnering through the years to improve and enhance the local economy and community, and in the case of Acme, it was a home run," said Nordt.

Gabriel Viteri

Gabriel Viteri

—Victoria A. Rocha, ECT.coop

Try This!

The kitchen season

Energy tips to help you cook and clean up efficiently

By Brian Sloboda

The holidays are coming soon, which means many of us will be spending a lot of time in the kitchen. Whether you are considering replacing an appliance or simply looking for small ways to be more efficient, here are some tips to help you save energy and money!

Fridge upgrade

Most people don't think about their refrigerator that often as long as it's working. A refrigerator typically runs for years without any problems—but that doesn't mean it's performing to its optimal capacity. Older refrigerators use more energy. Upgrading this appliance can bring a major return on your investment.

According to Energy Star, if your refrigerator is from the 1980s, replacing it with a new model could cut your electric bill by $100 a year. If you bought your refrigerator in the 1970s, the savings could be as much as $200 a year.

Maximizing heat

Cooking can also be a big energy expender—in more ways than one! Placing the lid on a pot of boiling water will trap heat and cause the water to come to a boil faster.

If you are planning on using the oven for a long time—for instance, when you are cooking a large piece of meat like turkey or ham—you might be able to turn down your home's thermostat. The simple act of cooking will add warmth to the home, because the oven's heat can raise the temperature in the kitchen and surrounding rooms. This is especially true if you are hosting a party. Once your home begins to fill with people, the temperature will quickly begin to rise.

Dishwasher savvy

Before you start your dishwasher, make sure it's full. Next, check to see that you are using the right setting. Many newer dishwashers have sensors that detect how clean your dishes are. When these auto cycles are used, they will get dishes clean without wasting energy or water. The sanitize setting should rarely be used since it is energy intensive. It is also a good idea to make sure the filter at the bottom of the dishwasher's wash-tub is clean. This helps the washer work at its optimal level.

LED lighting

One of the cheapest and easiest ways to save energy in the kitchen is to replace existing lights with LEDs. You won't have to replace them nearly as often as incandescent bulbs and their costs have come down in recent years, making them far more affordable to install.

Note: If you currently have linear fluorescent lamps, replacing them with LEDs may be too expensive to justify.

Brian Sloboda is a senior program manager specializing in energy efficiency for the Cooperative Research Network, a service of the National Rural Electric Cooperative Association. CRN monitors, evaluates and applies technologies that help electric cooperatives control costs, increase productivity and enhance service to their consumers. Additional content provided by ESource.

For more information on how to save energy, including a virtual house tour, go to TOGETHERWESAVE.COM

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Capital Credits

It pays to be a member of an electric cooperative

What are capital credits?

Because a cooperative is incorporated as a not-for-profit business owned by its members, it does not technically earn profits. Instead, any revenues over and above the cost of doing business are considered "margins." These margins represent capital furnished by the members to the cooperative for use as operating capital. This capital allows your cooperative to finance operations and construction, with the intent that this capital will be retired or returned to you in later years.

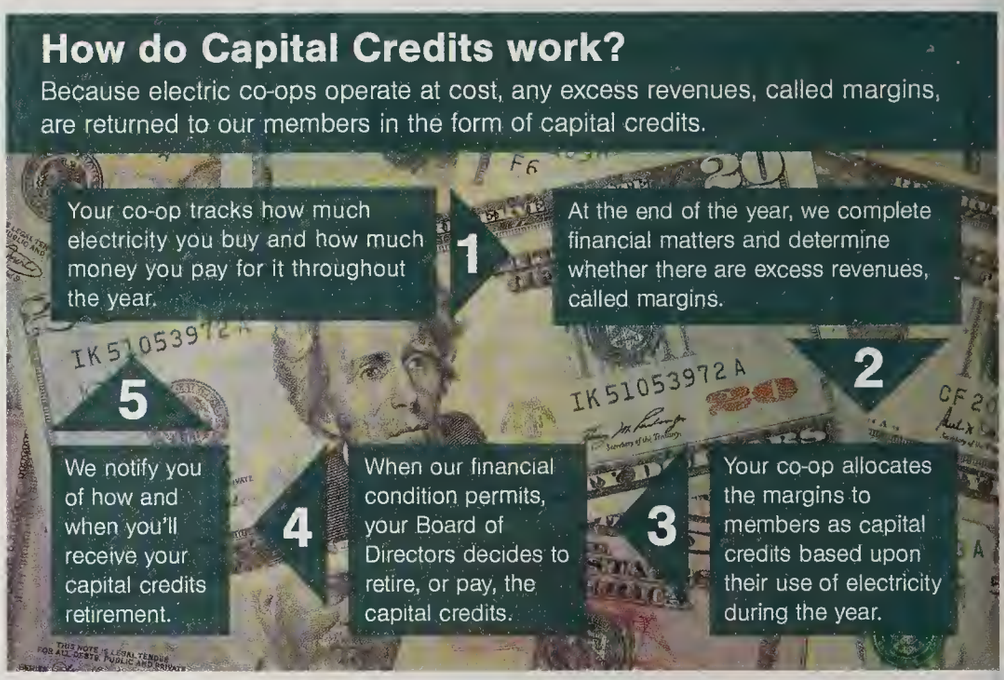
What's the difference between allocated and retired capital credits?

Allocated capital credits appear as an entry on the permanent financial records of the cooperative and reflect your equity or ownership in the cooperative. When capital credits are retired, a check or credit is issued to you. These payments generally are made to members after a specified time period. Each cooperative maintains its own policy on when capital credits are retired.

How are capital credits calculated?

All members who purchase electricity during a year in which the cooperative posts margins earn capital credits based on how much electricity they purchase in that year. The more electric service you buy, the greater your capital credits account — although the percentage will remain the same. The sum of your payments for a year is multiplied by a percentage to determine the allocation of your capital credits.

Electric co-ops have retired $12 billion to members since 1988


How do Capital Credits work?
Because electric co-ops operate at cost, any excess revenues, called margins, are returned to our members in the form of capital credits.
1
Your co-op tracks how much electricity you buy and how much money you pay for it throughout the year.
2
At the end of the year, we complete financial matters and determine whether there are excess revenues, called margins.
3
Your co-op allocates the margins to members as capital credits based upon their use of electricity during the year.
4
When our financial condition permits, your Board of Directors decides to retire, or pay, the capital credits.
5
We notify you of how and when you'll receive your capital credits retirement.

Source: National Rural Utilities Cooperative Finance Corporation

What percent of my payment is returned as capital credits?

The percentage of your total payment that is allocated as capital credits varies from year to year, depending upon the margins of the cooperative. Capital credits are allocated only for a year in which your cooperative earns margins. Since capital credits are a member's share of the margins, no credits are allocated for a year when there are no margins.

Do I have to be a member for an entire year to earn capital credits?

No. Capital credits are calculated based upon a member's electricity usage. If you used power from your cooperative for even one month, you will accumulate some capital credits, if your cooperative earns margins in that year.

Can I use the capital credits allocated to me to pay for my electricity now?

No. Allocated capital credits may not be used to pay for electricity you use now. Your electric bill or payment is due now, whereas you may not be entitled to receive your capital credits for many years.

What happens to the capital credits of a member who dies?

The capital credits of a deceased member may be paid without waiting for a general retirement. However, these estate payments are not automatic. A representative of the estate must request the credits by submitting verifying documentation required by your cooperative. Ask your cooperative how to submit a claim for a deceased member.

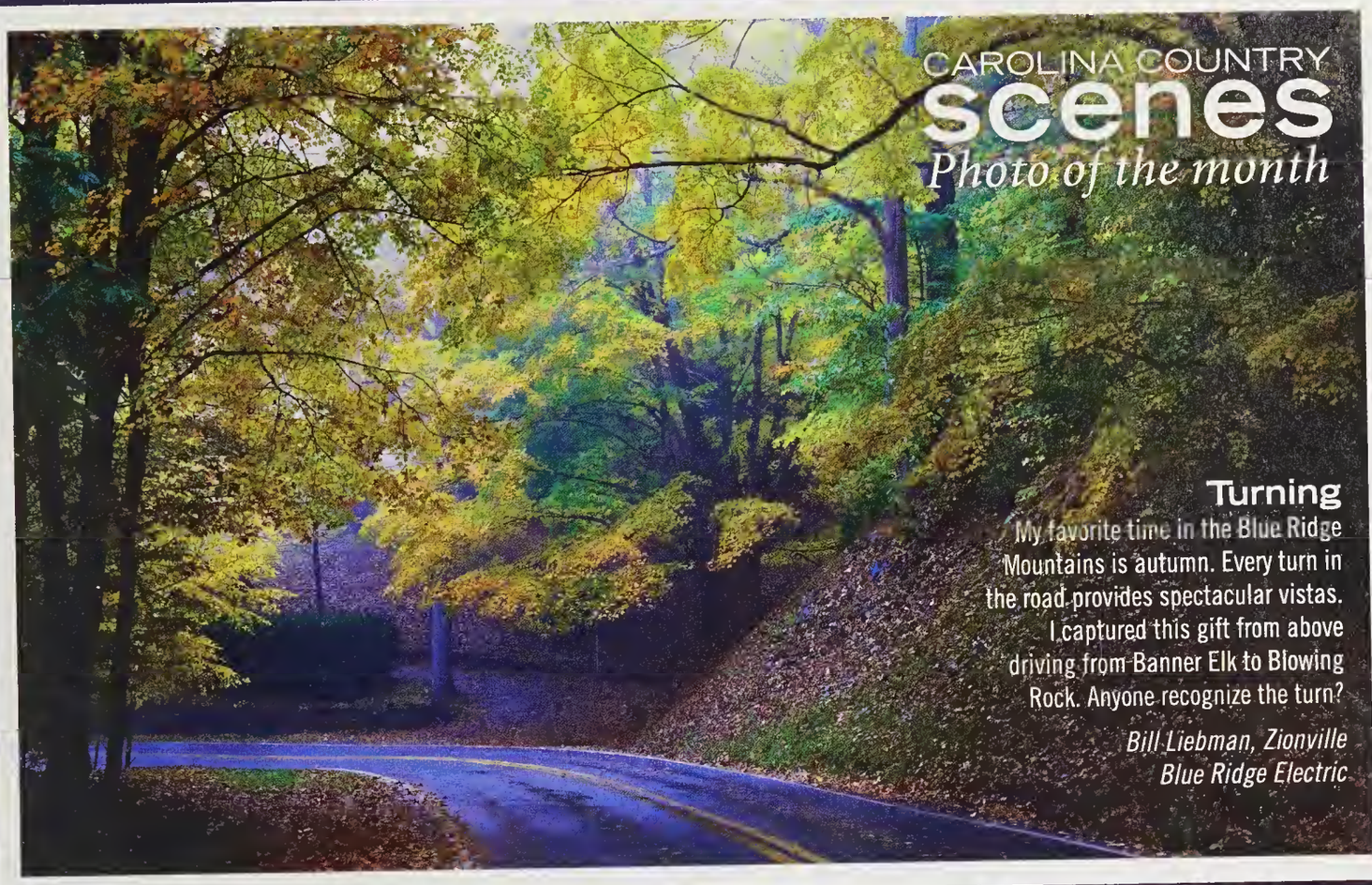
Will I receive a capital credits check or credit every year?

Not necessarily. The cooperative's board of directors must authorize a retirement before you receive a check or credit. When considering a retirement, the board analyzes the financial health of the cooperative and will not authorize a retirement if it is not financially advisable.

What happens to my capital credits when I leave the cooperative?

Your capital credits remain on the books in your name and account until they are retired. Because payments generally are made years after you earn them, you should ensure that your cooperative has your current mailing address after you leave. If members who leave the cooperative do not later claim their capital credits, your cooperative makes a good faith effort to notify members or their estates that their capital credits are available.

Prepared by the North Carolina Association of Electric Cooperatives. See the entire series in Your Energy at carolinacountry.com


CAROLINA COUNTRY
scenes
Photo of the month
Turning
My favorite time in the Blue Ridge Mountains is autumn. Every turn in the road provides spectacular vistas. I captured this gift from above driving from Banner Elk to Blowing Rock. Anyone recognize the turn?
Bill Liebman, Zionville
Blue Ridge Electric

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2015 photo contest ("Carolina Country Scenes," February 2015). See even more at the Photo of the Week on our website **carolinacountry.com**.

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Where girls and horses come for stability & healing

By Heather Vaughan

At a certain age, girls seem to develop an affection for horses. And given the chance, it's likely that horses return the love.

For the past seven years, a riding school in Wake County has brought together girls who need affection and confidence with horses who need the same. In Cary, CORRAL is a place where at-risk girls and rescued horses come to heal.

Joy Currey felt led by God in 2008 to use her professional training in education and equine therapy to do something different: to change lives. Today, Joy Currey's dream is touching almost 70 kids annually. Females between ages 11 and 18 come from all over Wake County to participate. The girls experience CORRAL as a safe place where they learn to overcome abuse, academic failure, suicidal thoughts, teen pregnancy, as well as drug and alcohol dependency. CORRAL provides mentoring, therapy, tutoring, vocational training and, of course, horseback riding.

"CORRAL made me feel like I have a purpose," said one of the girls.

And a girl's mother said, "I thank God and CORRAL for helping me find my baby again, for helping her find her voice and for showing her a different way of going about things. Her path is a lot brighter and she's beginning anew. I can't do it alone, and I am asking for your continued help to give her a better way."

Learning from horses

The teaching at CORRAL helps point students in the right direction by helping them gain confidence and learn responsibility, leadership, communication and problem-solving skills. Plus they pick up compassion, dedication and teamwork abilities by working directly with the animals. The students carry out farm chores necessary to keep the place and animals working successfully. Weekly, each girl puts in a minimum of 15 hours, so basically the farm is always open, always serving as a place of refuge.

The girls aren't the only ones feeling the impact of CORRAL. The four-legged students also are in a better state. Several rescue organizations pair horses with the non-profit CORRAL program. Each horse at the farm has suffered some kind of physical or

The future of CORRAL is in doubt

The property where this non-profit program operates is up for sale. To continue its work for girls and horses, CORRAL must raise $1 million by the end of this year.

If you're interested in helping, you can donate or participate in the "Forever Home" campaign. Other ways you can help include prayer, horse sponsorship, donating riding supplies, and volunteering. Usually every two months there is a farm work day when people can participate as a group or as individuals. During those hours visitors may tour the farm and learn more about the program. Farm work days are for people ages 7 and up. If you're interested in working beyond routine maintenance, you must be over 18. Those who work directly with students must be a high school graduate or over 20.

CORRAL

919-355-2090 or corralriding.org
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See a video at our website: carolinacountry.com

emotional trauma which takes time and tenderness to work through. As girls observe this process, they become encouraged by their equine partners to move forward successfully themselves. Horses are social animals with unique personalities. While they don't judge the girls, the horses definitely push them to overcome fear, grow courage, develop patience and manage anger.

Because its farm property is on the real estate market, CORRAL has considered moving to a different location with a cheaper price tag, but Joy Currey feels if CORRAL moves it will lose its support. Over the years, the program has built a large volunteer and instructor base, which a change in location could greatly diminish. Also, Joy believes the nonprofit must stay put for the students. The academy is located near Raleigh's epicenter, making it accessible to girls from all parts of the county. A move could discourage or limit participants due to distance. Relocating could tear apart the sense of community developed among the girls themselves. It's like a home to some of these girls.

"I have a place where I belong," said one of them. "It's here that I have a family I can count on. I feel loved and accepted and I didn't realize until today that, inside myself, I deserve to live."

Heather Vaughan is a journalist and equestrian who lives in Raleigh. Heather-vaughan.com

North Carolina Pecans

A holiday tradition in pies, pralines and pieces

By Carole Howell

You could argue over stuffing versus dressing or cranberry conserve versus jellied sauce from a can. It seems that everyone is set to defend and demand his or her holiday food favorites. What they don't seem to squabble over is an undying devotion to pecan pie and its traditional place at the table.

Originating in central and eastern North America and the river valleys of Mexico, pecans historically have been favored because they're easy to crack and have a great taste when eaten by the handful or added to recipes.

They've been prized and marketed since the 1600s, but have seen a booming increase in popularity over the last three decades.

"Not so long ago, most families had a few backyard trees and used their harvest for holiday baking," said Tim Haithcock, owner of Indian Springs Pecans and Farm in Goldsboro, and president of the North Carolina Pecan Growers Association. "If they had enough to sell, they used the money to pay their taxes."

Today, North Carolina has grown far beyond the backyard pecan tree to create an industry that produces, in an on-crop year, 3 million to 5 million pounds annually. Our state consistently ranks among the top states in the nation for pecan production with Georgia topping the list.

"New varieties developed by the USDA's Pecan Breeding Program at Texas A&M University may be well suited for North Carolina's growing conditions and have some disease tolerance and a shorter maturation time," said Michael L. Parker of the Department of Horticultural Science at NC State University. Most growers are east of I-95 and in the southern piedmont region, but pecan trees thrive all over the state.

Varieties adapted for planting in North Carolina require 200 frost-free days from pollination to maturity. According to the North Carolina Pecan Growers Association, well-managed, mature pecan trees can produce up to 1,500 pounds per acre. Prices average $1 a pound for in-shell pecans.

And while most of North Carolina's pecan crop is consumed right here, demand for this popular nut is spreading worldwide.

"China has developed a taste for pecans," said Parker. "I have been told that they soak them in soy sauce and serve them as a delicacy." In 2013, China bought more than 50 percent of the total U.S. production, and prices for these healthy, tasty nuts rose as demand increased.

"North Carolina has a great environment for growing pecans, and it's a crop that has a great future," said Haithcock. "I think they're going to grow in prominence as a crop to export."

Carolina Country contributing writer Carole Howell lives in Lincoln County and is a member of Rutherford EMC.

Go nuts and celebrate the harvest!

The 23rd Annual North Carolina Pecan Harvest Festival
Saturday, November 7, 2015
Downtown Whiteville, Columbus County
910-640-7608
ncpecanfestival.com

Pecan Day at the Raleigh Farmer's Market
Friday, December 11, 11 a.m. until 1 p.m.
919-733-7417
statefarmersmarket.org

A single acre of mature, well-managed pecan trees can yield up to 1,500 pounds of unshelled pecans.

Pecan Pralines

Makes 2 dozen

Butter, cream and a crunch of brown sugar make pecan pralines a holiday classic, yet they're so easy, you can have them any time.

- Nonstick cooking spray
- 1 (16-ounce) box light brown sugar
- ¼ cup granulated sugar
- 6 tablespoons unsalted butter
- 2 cups coarsely chopped pecans
- 1 cup heavy cream

Spray a large sheet of parchment paper with nonstick cooking spray.

Using a large, heavy pot over medium-high heat, combine all the ingredients, stirring until the butter is melted and the mixture comes to a full, rolling boil. Attach a candy thermometer to the side of the pot, making sure the bulb isn't touching the bottom. Cook until the mixture reaches 240 degrees F. Remove from the heat and let stand for 5 minutes.

Beat vigorously with a wooden spoon until the mixture thickens and is just starting to pull together. Immediately drop the pralines by tablespoon onto the prepared parchment paper. Let stand until set. Store in an airtight container for up to 3 days.

Note: Knowing when to stop beating is the trickiest part of making pralines. The mixture should still be a little shiny and soft enough to spoon out but firm enough to hold its shape. Making pralines on a rainy day may prevent them from setting up properly.

From Pecans, a Savor the South cookbook by Kathleen Purvis. Copyright © 2012 by Kathleen Purvis. Used by permission of the University of North Carolina Press, uncpress.unc.edu

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WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Nov. 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our December issue, will receive $25. To see the answer before you get your December magazine, go to "Where Is This?" on our website carolinacountry.com.

October winner

More than 250 of you knew the October magazine scene, a picture by Michael Gery showing part of Henry River Mill Village near Hildebran, Burke County. Many noted that the mill houses and store were the District 12 set in the first "Hunger Games" movie. Built by Michael and Albert Rudisill, a cotton yarns mill thrived here from 1905 into the 1960s. The mill burned in 1977. About 1,500 acres included a boarding house and 35 cottages, some remaining today. The "store" was also used as an office, school and church. Phyllis Burns Yost told us she was born in House 6 shown in the photo (Katniss house in the movie) and lived there until 1942. Nadine Rudisill of Hickory told us her family lived there from 1943 until the late 1990s. Margaret Campbell of Hickory was a friend of an owner's daughter, "She even gave me some wooden coins that people could use to buy food, etc., until their next paycheck." The winning entry chosen at random from all submissions came from Shirley Garrett of Hickory, a member of Rutherford EMC.

CAROLINA COUNTRY SCENES photo contest

Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay $50 for each one that we publish in our Carolina Country Scenes gallery in the February 2016 magazine. Judges will select more for our "Photo of the Month" feature and we'll pay $50 for those.

RULES:

Deadline: December 10, 2015.

One entry per household.

Digital photos should be a minimum of 1200 by 1800 pixels. Prints a minimum of 4 x 6 inches.

Include your name, electric co-op, mailing address and e-mail address or phone number.

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

We retain reprint rights.

We will post on our websites more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)

SEND TO:

Online: carolinacountry.com

Mail: Carolina Country Photo Contest
3400 Sumner Blvd.
Raleigh, NC 27616

Can a bank also be a cooperative?

Nonprofit credit unions offer bank services to members nationwide

By Alexandria Shetler

Ever since the Federal Credit Union Act was signed by President Franklin D. Roosevelt in 1934—25 years after the first credit union opened in the U.S.—people with a common bond through work, community or other shared interests have formed credit unions. Today, credit unions serve more than 100 million members in the U.S.

Credit union members can save, borrow and receive other financial services; however, because a credit union is a non profit governed by its members, it offers a distinctively different banking experience from traditional banks.

Like all cooperatives, credit unions are democratic organizations controlled by their member-owners, which allows each credit union to offer personalized service that can be hard to find from multinational banking corporations. In fact, the Credit Union National Association (CUNA) notes that more than 86,000 Americans currently volunteer with their credit union in some capacity.

Member-owners do more than simply use their credit union; they trust their credit union and likely know its employees. These bonds help credit unions provide services tailored exactly to the people who use them by harnessing the power of community interest and common cause. As with all cooperatives, each credit union member-owner has a voting share in their credit union without regard to the size of their bank account.

Because of their non profit focus, credit unions in some cases offer member-owners lower interest rates on loans and higher interest rates on deposits than for-profit banks. Credit unions are known for offering credit cards with no annual fees and low interest rates on credit cards, auto loans, home mortgages or home equity lines of credit.

Credit unions are known for offering credit cards with no annual fees and low interest rates on credit cards, auto loans, home mortgages or home equity lines of credit.

Many credit unions also provide a benefit to their community by offering free checking or savings accounts with no minimum balance requirement, making it easy for low-income families to open bank accounts and begin improving their financial outlook. Such accounts are also a great tool for teaching children about saving.

Some credit unions offer special programs to help member-owners pay down debt and raise their credit scores, including in-person financial counseling and online resources and tools.

If you are interested in banking with cooperative values, visit MyCreditUnion.gov to find a credit union near you.

Alexandria Shetler writes and edits materials for the National Rural Electric Cooperative Association.

Holiday soups with heart

Share the warmth of the season with healthy fare

The holidays are approaching and you can share the warmth of the season by opening your heart and home to family and friends with healthy soups.

Food Network's "Chopped" champion chef Katsuji Tanabe

These recipes were created by the Food Network's "Chopped" champion chef Katsuji Tanabe. The Autumn Stew uses leftover turkey, a plus the day after Thanksgiving.

It's good to plan ahead for both recipes. If you can't find a specific ingredient, see if you can buy it online or ask about a substitute at your local market. You can find more recipes, including ones for dessert and beverages, at princesshouse.com.

Autumn Stew

Prep time: 20 minutes
Cook time: 45 minutes / Serves: 10

- ½ cup olive oil
- 2 small white onions, small diced
- 2 chile negros (dried pasilla chile peppers), finely chopped (see Editor's Note)
- 2 poblano peppers, small diced
- 4 large garlic cloves, chopped
- 3 cups white beans, soaked overnight in cold water
- 8 quarts low-sodium chicken or turkey broth
- 1 large butternut squash, small diced
- 1 acorn squash, small diced
- 1 large sweet potato, medium diced
- 1 yam, medium diced
- ⅛ cup sea salt or kosher salt
- 3 cups leftover roasted turkey, dark and white meat, cubed
- ¼ cup apple cider vinegar
- 1 tablespoon fresh thyme
- 3 leaves fresh sage
- 4 cups fresh mint, stemmed and chopped

In a large stockpot (15-quart works well) heat oil over medium-high heat. Add onion, pasilla and poblano peppers. Cook until onions just become translucent, about 3 minutes. Stir in garlic and cook until it becomes soft and fragrant, about 1 minute.

Add beans and enough broth to cover them. Cook until beans are soft, about 20 minutes. Stir in remaining vegetables and season to taste with salt. Allow to simmer until tender, about 15 minutes.

With a handheld immersion blender, do four quick pulses to blend some of the soup and vegetables to make soup a little creamy without additional fat or cream. Add turkey; cook another 5 minutes. Drizzle in vinegar to help balance sweetness; season to taste with sea salt.

Serve stew with fresh herbs (thyme, sage and mint).

Roasted Butternut Squash Soup With Charred Vegetables

Prep time: 20 minutes
Cook time: 45 minutes / Serves: 6

- ½ cup chopped piloncillo (tastes similar to brown sugar with molasses flavor)
- 1 teaspoon ground cumin
- 3 cups large butternut squash, peeled and cubed
- 4 whole large carrots, unpeeled
- 3 tablespoons olive oil
- 2 garlic cloves, thinly sliced
- 1 chipotle pepper, chopped
- 2 quarts low-sodium vegetable stock
- ½ cup white corn kernels, washed
- ¼ cup small diced Mexican squash (see Editor's Note)
- 1 large jalapeno, stemmed, thinly sliced
- 3 fresh epazote leaves (or fresh cilantro if epazote is not available)
- 1 tablespoon kosher salt
- ¼ cup toasted pepitas (pumpkin seeds)

Heat oven to 350 F.

In a large mixing bowl combine piloncillo, cumin, butternut squash and whole carrots. Toss to evenly coat and place on large baking dish. Roast in oven for 30 minutes, or until golden brown.

Allow to cool slightly, reserving about a quarter of the roasted vegetables. Cube carrots into bite-size pieces. Set aside.

In a medium-sized pot (8-quart works well) heat olive oil. Saute about half the garlic, chipotle pepper, remaining carrots and butternut squash, and vegetable stock. Simmer for 10 minutes.

Working in batches, transfer cooked stock and vegetables to blender and puree. Then return to stockpot to keep warm for serving.

Meanwhile, heat a medium-sized skillet. Add corn, Mexican squash, jalapeno, epazote or cilantro, remaining garlic and reserved butternut squash and carrots. Quickly sauté to lightly char (not burn) veggies. Keep watch and stir when needed for 3-5 minutes. Season to taste with salt.

To serve, divide soup among six bowls. Top off soup with charred vegetables. Garnish with toasted pepitas and a drizzle of olive oil.

Editor's Note: If you can't get Mexican squash, you can substitute zuchinni (the younger and sweeter the better). It's possible that a local tienda has all the Mexican ingredients.

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Do you need more insulation?

Shielding your home with insulation can noticeably reduce your energy costs

By Anne Prince

According to the Department of Energy, you can reduce your heating and cooling needs up to 30 percent by properly insulating and weatherizing your home.

If your home is more than 20 years old and was not specifically constructed for energy efficiency, additional insulation can likely reduce your energy bills and increase your comfort level. Even adding insulation to a newer home can pay for itself within a few years.

The actual savings for each home depends upon several factors—the current level of insulation, your climate, your heating/cooling system's efficiency and your utility rates.

Where to start

Check with your electric cooperative to see if it conducts a home energy efficiency audit that covers insulation or for more information about audits in your area.

You'll need to determine how much insulation you already have and where it's located. For those with the DIY spirit, you can conduct an insulation audit yourself. Look for:

- Where your home is, isn't, and/or should be insulated
- The type of insulation in your home
- The insulation's R-value and thickness or depth (inches)

Attics are chronically under-insulated. Whether you live in a cool or warm climate, attic insulation is essential to help keep warm air inside in the winter and prevent hot attic air from heating your living spaces in the summer. If you have R-19 or less insulation in your attic, consider bringing it up to R-38 in moderate climates and R-49 in cold climates.

Environmentally friendly options

Insulation choices include environmentally friendly options made of recycled materials, such as scrap blue jeans. It looks similar to chopped-up blue jeans and is treated for fire safety. With an insulating R-value similar to fiberglass insulation, this blue-jean insulation is a great option.

Anne Prince writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

INSULATING YOUR HOME TO LOCK IN EFFICIENCY AND SAVINGS
Adding insulation in the areas shown here may be the best way to improve your home's energy efficiency. Insulate either the attic floor or under the roof. Check with a licensed contractor about crawl space or basement insulation.
1 Attic
2 Walls
3 Floors
4 Basement
5 Crawlspace
Source: Dept. of Energy

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62496/62516

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5588361O

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STAND UP. SPEAK OUT. DO SOMETHING.

4-H and the 2015 Citizenship North Carolina Focus

In June, when summer was in full swing, more than 125 4-H'ers and adults from over 60 4-H programs attended Citizenship North Carolina Focus. Youth delegates who attend this annual conference develop their leadership and citizenship skills by participating in workshops and group sessions. Through hands-on experiences they learned about being an active and engaged citizen, reflecting this year's theme of "Stand Up. Speak Out. Do Something."

Dynamic speakers during the program encouraged youth advocacy. The delegates also learn about North Carolina state government and the collaboration among government, for-profit and not-for-profit sectors in North Carolina. In a statewide service project—"Night Night, Sleep Tight"—the group collected books, blankets and stuffed animals for less fortunate children across the state.

The three-day conference culminates with a Legislative Breakfast where the 4-H'ers meet for photos with their elected officials, then walk to the Legislative Buildings to meet with representatives and their staffs.

4-H Citizenship North Carolina Focus is sponsored by North Carolina's Touchstone Energy cooperatives.

North Carolina 4-H is Cooperative Extension's youth development program.

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The Carolina Country Store

Holiday Gift Guide

SPECIAL ADVERTISING SECTION

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CarolinaDessertCompany.com

Mrs. Hanes' Moravian Cookies

Our bakery doesn't manufacture cookies, we create them. Our family business is more than 60 years old, and we still make cookies by hand, using rolling pins and cookie cutters. Visit and watch our "artists in aprons," then sample our six flavors: Ginger, Sugar, Lemon, Chocolate, Butterscotch, Black Walnut. We make about 100,000 pounds per year, and there are about 100 cookies per pound. That equals 10 million cookies, each cut one-by-one using a cookie cutter. Buy economically-priced cellophane bags at the bakery. For sending gifts, we ship tins and tubes worldwide. Easy ordering on our website.

Mrs. Hanes' Moravian Cookies
4643 Friedberg Church Rd.
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888-764-1402
HanesCookies.com

Holiday Gift Guide

SPECIAL ADVERTISING SECTION

Southern Supreme Nutty Fruitcake

The holidays would not be complete without the world famous Southern Supreme Nutty Fruitcake to enjoy. Nestled in the middle of rural Chatham County is Southern Supreme Fruitcake Company. Our delicious nutty fruitcake—more nuts than fruit—is the heart of southern warmth and comfort expressed in pecans, walnuts and the finest candied fruit we could find. Come see us in our showroom, tour our kitchens and sample all our gourmet products. Call for a catalog. Tour buses welcome by appointment. Open year round, or visit us online.

Southern Supreme Fruitcake Company
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Bear Creek, NC 27207
877-815-0922
southernsupreme.com

Bertie County Peanuts

Looking for North Carolina gift ideas? Bertie County Peanuts has everything you need. From small stocking stuffers to extravagant gifts they have something for everyone on your list. With over 20 peanut flavors, cashews, pecans and cheese straws, you simply can't go wrong. Visit them on the web at pnuts.net or drop by their warehouse store in Windsor. This holiday season give the gift of "peanut perfection." Bertie County Peanuts is celebrating 96 years of service to the farming community: 1919–2015.

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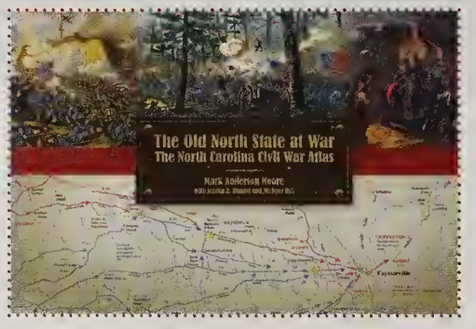
Bertie County Peanuts
217 US 13 North
Windsor, NC 27983
800-457-0005
pnuts.net

Vineyard Cabins

A gift getaway from the hustle and bustle, the "Vineyard Cabins" are located with spectacular views of our expansive vineyard and beautiful lakes. The cabins offer seclusion with all the comforts you need for a private, peaceful getaway that is far enough away for complete rest and quiet, yet centered in the coastal plain of southeastern North Carolina. The Gift Shop is open daily with free wine tastings and self-tours. Make plans for your family to visit our annual Festival of Lights beginning November 28. For more details, visit lumilvineyard.com.

Lu Mil Vineyard
438 Suggs-Taylor Rd.
Elizabethtown, NC 28337
910-862-1603
lumilvineyard.com

North Carolina Civil War Atlas



Highlighting every significant Civil War engagement in North Carolina through a series of 99 newly prepared maps, this lavishly illustrated full-color 17-inch by 11-inch hardbound volume also analyzes the war's social, economic and political impact. 200 pages. $85 (plus $20 for shipping and tax).

Historical Publications
N.C. Office of Archives and History
4622 Mail Service Center
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919-733-7442, ext. 0
ncpublications.com
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Mackey's Ferry Peanuts
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Jamesville, NC 27846
252-793-2993
888-637-6887
mfpnuts.com

Crab Pot Christmas Tree

Created and patented by a fishermen on North Carolina's Core Sound, the Crab Pot Christmas Tree has become an icon of American ingenuity. Made Down East by local craftsmen from durable PVC coated crab trap wire with pre-strung lights, it sets up in minutes and folds back flat for space-saving storage. The open wire mesh allows for viewing of over 80 percent of the tree's lights from any angle, forming a beautifully shaped Christmas tree. Celebrate the joy of Christmas along with the pride of owning a handmade treasure and a North Carolina tradition for many years to come.

Fisherman Creations
1175 Hwy 70 East, Smyrna, NC 28579
252-729-0301
Crabpottrees.com

Artist Walter Creech

After the tobacco buy-out in 2004, a way of life ceased to exist. Preparing plant beds for tobacco in the early spring, then priming and hanging it in log barns is a thing of the past. With prayers for good weather toward the top of the list on Sundays, they prevailed through the highs and lows to make their children's lives a little easier than theirs. The road has been long and hard, but they can look back with pride to a job well done. "Last of a Breed" honors this generation. Prints available in three editions and sizes: $75, $195, $600.

Artist Walter Creech
P.O. Box 156, Saxapahaw, NC 27340
336-212-1309
waltercreech.com

Holiday Gift Guide

SPECIAL ADVERTISING SECTION

Ornaments for All Occasions

Looking for an American-made gift that says just the right thing? American Ornaments (Heart Gifts by Teresa) is the place to find it. Teresa Thibault has been creating ornaments for over 20 years right here in Kannapolis, N.C., selling all over the US and Canada. With designs for all occasions—Faith, Family, Friends and even Furry Friends—her ornaments are keepsakes for a lifetime of memories. The Crystal Collection keeps growing with new creative designs adorned with just the right color of Swarovski Crystals. Personalizing makes these ornaments even more special to give to that special person in your life.

American Ornaments
Kannapolis, NC 28081
800-650-3994
americanornaments.com

"Memories" Art Print

Many people loved Ronald Ragland's "Memories" art print that was featured in Carolina Country, so he presents it again. It depicts his father, Hugh Ragland (right), priming tobacco with associate, Albert Downey, and his mule, George, while others in the background hand and tie tobacco for the curing barn. The scene is along Durham Road in Granville County where Ronald grew up. Look for the tobacco worm in the picture. Signed and numbered prints of "Memories," measuring 16-by-20 inches, are available in full color on museum-quality paper, for $65 (includes shipping). View 10 other paintings at beagleart.com

Ragland Prints
4215 Jane Lane, Raleigh, NC 27604
919-876-8747
beagleart.com

Aunt Ruby's Peanuts

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auntrubyspeanuts.com

Amazing Place

What North Carolina Means to Writers

Some of us understand place as family, community, landscape, even weather. For others, the idea of place becomes more particular: the sound of someone humming while washing dishes, the musical cadence of a mountain accent. Some of North Carolina's finest writers ruminate on the meaning of place in this collection of 21 original essays, edited by Marianne Gingher. Untangling North Carolina's influence on their work, exploring how the idea of place resonates with North Carolinians, they illuminate why the state itself plays such a significant role in its own literature. A New York Times bestseller. 224 pages, softcover, $20. Available as an e-book.

University of North Carolina Press
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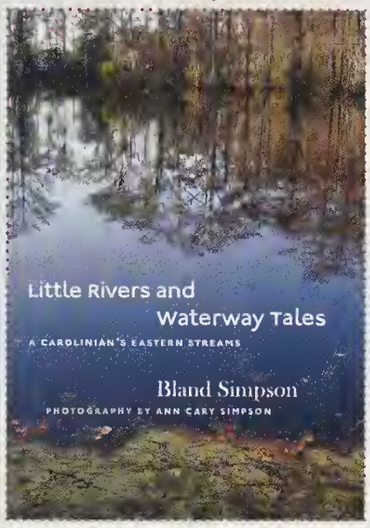
southerngateways.com

Holiday Gift Guide

SPECIAL ADVERTISING SECTION

Little Rivers and Waterway Tales

A Carolinian's Eastern Streams



Bland Simpson's new tales of coastal North Carolina's "water-loving land" reveal how its creeks, streams and rivers shape the region's geography and culture. Drawing on family ties and coastal travels, Simpson and wife and photographer Ann Cary Simpson tell stories of those who have lived and worked in this country, chronicling a distinct environment and way of life. Learning to sail on the Pasquotank River, eating oysters on Ocracoke, he introduces readers to people and communities along the watery web of myriad "little rivers" that define North Carolina's sound country as it meets the Atlantic. 240 pages, hardcover, $30. Available as an e-book.

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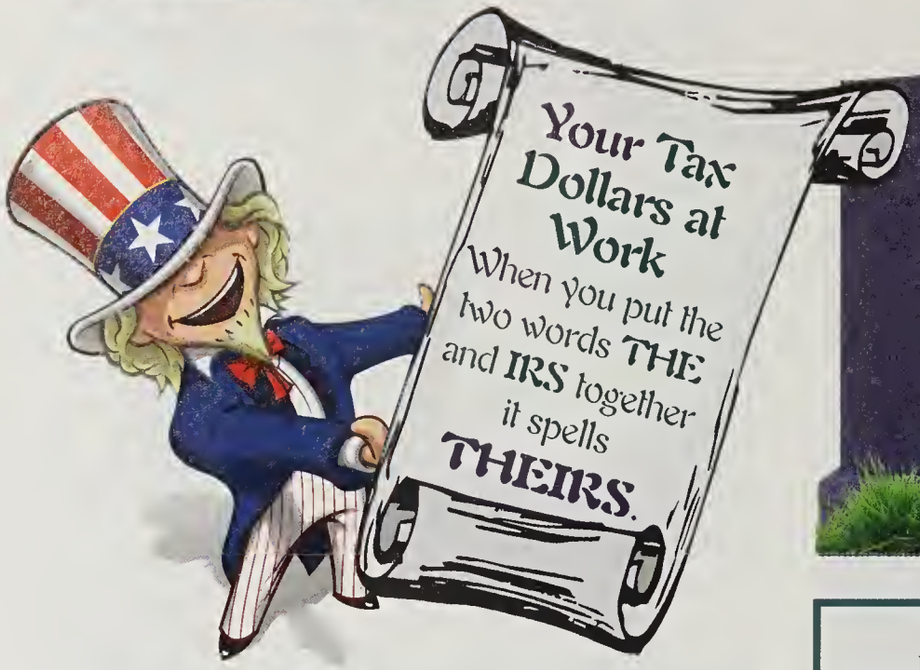
Quilt Lizzy
110 E Macon St.,
Warrenton, NC 27589
252-257-7117
quiltlizzy.com

"Hot Pursuit" Art Print

After so many requests to paint this scene, Ronald went to the country and watched these little beagles run after the rabbits so hard that he was inspired to do this painting. He noticed each beagle had its own personality, so Ronald worked hard to capture the look of the determined lead dog to the last dog that's just having fun. Signed and numbered prints of "Hot Pursuit," measuring 16-by-20 inches, are available in full color on museum-quality paper, for $65 (includes shipping). View 10 other paintings at beagleart.com

Ragland Prints
4215 Jane Lane, Raleigh, NC 27604
919-876-8747
beagleart.com

You can reach Charles Joyner by e-mail: joyner@carolinacountry.com



2-STEP

U T A H

— — — —

— — — —

I O W A

To go from UTAH to IOWA in two steps, change one letter in each step to spell a new word. (Your answer may be different from mine.)

PERCY P. CASSIDY POLES APART

Use the capital letters below to fill in the blanks above.

D E F I L O R T V means
s c r a m b l e d

X's & O's

A B x A B = C D B E

The letters A B C D E stand for the digits 0 1 2 3 4, but not in that order. Can you find the value of each letter?

UNSCRAMBL/T

"Wise men don't need _ _ _ _ _ _.
s c e m r a

Fools won't _ _ _ _ _ _.”
l s b a m l

–Benjamin Frankiln

Use the capital letters in the code key below to fill in the blanks above.

A D C E I K T V means
s c r a m b l e

For answers, please see page 41

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November Events

Get lost in the corn as several farms celebrate autumn with corn mazes: Gallberry Corn Maze in Hope Mills (910-309-7582), Get Lost at Farm Corn Maze in Newport (252-241-1184) and Hubb's Farm Fall Festival in Clinton (910-564-6709).

Mountains (west of I-77)

Hues & Brews
Art, craft beers
Nov. 7, Lenoir
828-754-2486
huesandbrews.org

Grist Mill 5K At Murray's Mill
Nov. 7, Catawba
828-465-0383
runsignup.com

Fall Expo
Nov. 14, Dallas
704-834-2385
walnutgrovebaptist.net

Turkey Supper At Bill's Creek
Nov. 21, Lake Lure
828-625-5517

Holiday Family Tours
Ziplining, nature trails
Nov. 21–29, Scaly Mountain
828-526-8773
highlandscanopytour.com

ONGOING

Hometown Holiday Happenings
Nov. 20–Dec. 20, Lincolnton
704-736-8915
cityoflincolnton.org

Carson House Guided Tours
Wednesday–Saturdays through Nov.
Marion
828-724-4948
historiccarsonhouse.com

Fine Art & Craft Workshops
Through Nov. 6, West Jefferson
336-846-3827
florenceartschool.org

Nature Photography Exhibition
Through Nov. 13, Valdese
828-879-2129
visitvaldese.com

Friday Night Jam Session
Through Nov. 20, Lake Toxaway
828-966-4060
toxawaycc.com

Mountain Gateway Music Jam
Most Sundays through Dec. 20
Old Fort
828-668-4626
mountaingatewaymuseum.org

Doodlebug Club
Art program for preschool ages
Through Dec. 31, Blowing Rock
828-295-9099
blowingrockmuseum.org

Piedmont (between I-77 & I-95)

The Baltimore Consort
Nov. 1, Fayetteville
910-672-2143
fsuarts.com

N.C. During American Revolution
Suzanne Adair discusses its role
Nov. 1, Raleigh
919-833-3431
joel.lane.org

The Reluctant Dragon
Birmingham Children's Theatre
Nov. 5, Lumberton
910-738-4339
carolinaciviccenter.com

Visions Of Sugarplums
Holiday art & gift show
Nov. 5–7, Raleigh
visionsofsugarplumsraleigh.com

Holly Day Fair
Nov. 5–8, Fayetteville
910-323-5509
hollydayfair.com

Kaitlyn Lusk Performs
Friends of Music Guest Artist Series
Nov. 6, Fayetteville
910-630-7100
methodist.edu

Ancestry Day
Genealogy at McKimmon Center
Nov. 6–7, Raleigh
(919) 807-7300
tinyurl.com/qc99kvu

Carolina Artisan Craft Market
Nov. 6–8, Raleigh
919-460-1551
carolinadesignercraftsmen.com

To Kill A Mockingbird
Nov. 6–8, Roxboro
336-597-1709
kirbytheater.com

Craft Bazaar
Wescare Christian Academy
Nov. 7, Troy
910-572-2270

Persimmon Festival
Nov. 7, Colfax
336-682-5328
colfaxpersimmonfest.com

KNOW BEFORE YOU GO
In case something changes after Carolina Country goes to press, check information from the contact listed.

Arts & Crafts Fair
Nov. 7, West End
910-215-0900

Birthday Celebration
Honoring President James K. Polk
Nov. 7, Pineville
704-889-7145
presjkpolk.com

Veterans Day Parade
Nov. 7, Fayetteville
910-920-0045
ccveteranscouncil.com

Veterans Day Car Show
Nov. 7, Fayetteville
910-433-1457
fcpr.us

Craft Fair
Nov. 7, Lake Gaston/Littleton
252-586-6497
lgadventurers.org

The Music Of Billy Strayhorn
UNC Pembroke Jazz Ensemble
Nov. 10, Lumberton
910-738-4339
carolinaciviccenter.com

POW/MIA Vigil
Nov. 11, Fayetteville
910-643-2778
asomf.org

Davie Craft Corner
Nov. 12–14, Mocksville
336-816-6472

Art Reception
Works By Karen Neuvirth
Nov. 13, Roxboro
336-597-1709
personcounty.net

Mr. Popper's Penguins
Movie
Nov. 13, Roxboro
336-597-1709
personcounty.net

Quilt Show
Nov. 13–14, Asheboro
336-857-2488

Flashdance, The Musical
Nov. 14, Pembroke
910-521-6361
uncp.edu

Shuck 'N Peel Party
Nov. 14, Hickory
828-322-1121
downtownhickory.com

Doyle Lawson & Quicksilver With the Malpass Brothers
Nov. 14, Troy
704-985-6987
bluegrassintroy.com

Cage-Free Comedy Tour
Southern Fried Chicks
Nov. 14, Lumberton
910-738-4339
carolinaciviccenter.com

Pottery Tour
Nov. 14–15, Durham
919-544-2451
durhamcountypotterytour.com

Military Thru The Ages
Emphasis on WWII
Nov. 14–15, Dunn
910-891-5019
averasboro.com

CBA Bike Show & Swap Meet
Nov. 14–15, Charlotte
704-455-6245
charlottecba.org

Military Timeline
Nov. 14–15, Statesville
704-873-5882
ncdcr.gov/holidays

WKML's Stars & Guitars
Nov. 16, Fayetteville
910-438-4100
crowncomplexnc.com

Shinedown & Breaking Benjamin Concerts
Nov. 17, Fayetteville
910-438-4100
crowncomplexnc.com

Hamlet
Nov. 19–21, Fayetteville
910-672-2574
fsuarts.com

International Auto Show
Nov. 19–22, Charlotte
704-364-1078
charlotteautoshow.com

El Apartamento Espanol
Foreign Film Series
Nov. 20, Fayetteville
910-630-7082
methodist.edu

Lead Us Back Tour
Songs of worship by Third Day
Nov. 20, Fayetteville
crowncomplexnc.com

Celebration Of Seagrove Potters
Nov. 20–22, Seagrove
336-517-7272
celebrationofseagrovepotters.com

Seagrove Pottery Festival
Nov. 21–22, Seagrove
336-873-7887
heartofnorthcarolina.com

A Midsummer Night's Dream
Nov. 20–22, Goldsboro
919-583-8432
goldsboroparamount.com

Artisan & Crafters Expo
Nov. 21, Statesville
650-443-6464

Christmas Parade
Nov. 21, Lumberton
910-739-4750

Carolina Christmas Bazaar
Nov. 21, High Point
336-884-2204
wesleymemorial.org

Hiawatha Performance
About Native American hero
Nov. 23, Pembroke
910-521-6361
uncp.edu

Holiday Pops
The North Carolina Symphony
Nov. 24, Goldsboro
919-583-8432
ncdcr.gov/holidays

A Frozen Journey
The North Carolina Symphony
Nov. 25, Raleigh
919-733-2750
ncdcr.gov/holidays

A Dickens Holiday
Nov. 27, Fayetteville
910-323-1776
theartscouncil.com

Holiday Pops
The North Carolina Symphony
Nov. 27–28, Raleigh
919-733-2750
ncdcr.gov/holidays

Heart Of Christmas
Nov. 28, Fayetteville
910-438-4100
crowncomplexnc.com

ONGOING

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
910-948-4897
facebook.com/clydemaness

Art After Hours
Second Fridays, Wake Forest
919-570-0765
sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
336-786-7998
andygriffithmuseum.com

Fourth Friday
Fayetteville
910-483-5311
theartscouncil.org

Gallberry Corn Maze
Through Nov. 8, Hope Mills
910-309-7582

Bluegrass Pickin' Shed
Thursday nights
Through Nov. 12, Laurel Hill
910-462-3636

Vander Haunted Trail
Through Nov. 13, Fayetteville
910-818-2240
vanderhauntedtrail.com

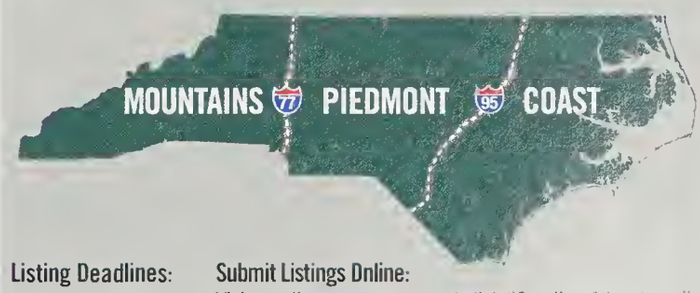
Recycle—The Art Of Transformation
Through Nov. 14, Fayetteville
910-323-1776
theartscouncil.com

Diversified Clay: An Invitational
Through Nov. 14, Fayetteville
910-425-5379

Artists Guild Studio Tour Preview
Through Nov. 15, Hillsborough
919-732-5001
hillsboroughgallery.com

NEW Carolina Compass Policy *(effective Oct. 1, 2015)*

- We list events in the magazine as space allows and may edit as needed. We list more events on CarolinaCountry.com in the Carolina Adventures section.
- All submissions must be made on CarolinaCountry.com in Carolina Adventures/Submit an Event. Deadlines are posted there, too. ***(No e-mail or U.S. Mail.)***
- Public venue events only. *(No business events.)*
- Limit 3 events per venue per month in the magazine. More posted online.
- For accuracy, ongoing events must be submitted monthly.
- Public contact required: website, e-mail or phone number.



Listing Deadlines:
For Jan.: Nov. 25
For Feb.: Dec. 25

Submit Listings Dnline:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website.

Set sail to Ocracoke for Blackbeard's Pirate Jamboree which takes place Oct. 30–Nov. 1. The main event will be all day Saturday, Oct. 31, with an authentic pirate encampment, a three-ship battle in Silver Lake Harbor, strolling minstrels and more. Call 252-928-1811 or visit piratejamboree.com.

Guess Who's Coming to Dinner
Through Nov. 15, Fayetteville
910-323-4234
cfrt.org

Carolina Renaissance Festival
Through Nov. 22, Huntersville
877-896-5544
carolina.renfestinfo.com

Birth Of Funk Exhibit
James Brown, N.C. musicians
Through Feb. 28, Raleigh
919-807-7900
ncmuseumofhistory.org

Salute To Veterans
Nov. 7–16, Fayetteville
910-643-2778
asomf.org

The Art Of Giving
Showcases "giftable" art
Nov. 16–Jan. 3, Hillsborough
919-732-5001
hillsboroughgallery.com

From Our Hands
Holiday craft show
Nov. 17–Dec. 31, Albemarle
704-983-4278
fallingriversgallery.com

Christmas At Captain White's
Works of more than 120 artists
Nov. 21–Dec. 24, Graham
336-226-4495
alamancearts.org

It's A Wonderful Life
Nov. 27–Dec. 20, Fayetteville
910-678-7186
gilberttheater.org

Coast (east of I-95)

Blackbeard's Pirate Jamboree
Oct. 30–Nov. 1, Ocracoke
252-928-1811
www.piratejamboree.com

Down East Holiday Show
Nov. 5–8, Greenville
252-493-7287
downeastholidayshow.com

Fall Bazaar
Nov. 7, Bridgeton
252-638-4638

Current, Future Volunteers Luncheon
By Graveyard of the Atlantic Museum
Nov. 10, Hatteras
252-986-2995
graveyardoftheatlantic.com

Veterans Day—Tryon Palace
Nov. 11, New Bern
252-639-3500
tryonpalace.org

Holiday Pops
The North Carolina Symphony
Nov. 12, Wilmington
877-627-6724
ncdcr.gov/holidays

Ford Tri-Motor Tour
Rides on 1930's classic airplane
Nov. 12–15, Oak Island
910-471-7710
flytheford.org

Wilson Fairchild
Reid boys perform country music
Nov. 13, Rocky Mount
252-985-5197
ncwc.edu

Candlelight Reflections Ceremony
Nov. 13, Greenville
252-355-0054
alznc.org

Artisans Holiday Boutique
Nov. 13–14, Southport
910-253-3532
stjamesartisans.com

Bojangles BMX Fest
Nov. 14, Greenville
919-699-6299

Andy & Kathryn Karg Concert
Performing Arts Series
Nov. 15, Swansboro
seasideartscouncil.com

The Trouble With Harry
Friday Flicks series
Nov. 20, Oriental
252-249-0477
oldtheater.org

A Fairy Tale Christmas Carol
Nov. 20–22, Farmville
252-753-3832
farmvillearts.org

Fall Bazaar & Yard Sale
Nov. 21, Bath
252-923-4140
bathncchristianchurch.org

Holiday Market
Nov. 21, Shallotte
910-754-4032
townofshallotte.org

Jumble Sale
Nov. 21, Beaufort
252-728-5225
beauforthistoricsite.org

Unmasquerade Ball Winter Gala
Nov. 21, Engelhard
252-925-2502
hydecountyhotline.org

NBHS Arts & Crafts Fair
Nov. 21, Leland
910-371-2261
nbhsartsandcraftsfair.com

Community Thanksgiving Fest
Nov. 22, Beaufort
252-728-5225
beauforthistoricsite.org

Festive Holiday Kick-Off Weekend
Nov. 27–29, New Bern
252-639-3500

ONGOING

Art Walk
First Friday, Elizabeth City
252-335-5330
ecncart.com

Art Walk
First Friday, Greenville
252-561-8400
uptowngreenville.com

Classic Car Cruise In
First Saturdays through Nov. 7
Tabor City
910-653-4141
taborcitync.org

Get Lost At Farm Corn Maze
Through Nov. 7, Newport
252-241-1184

Hubb's Farm Fall Festival
Through Nov. 14, Clinton
910-564-6709
hubbscornmaze.com

Festival Of Trees
Nov. 30–Dec. 22, Greenville
252-328-9332
fsnenc.org

NBHS Arts & Crafts Fair
Nov. 21, Leland
910-371-2261
nbhsartsandcraftsfair.com

Community Thanksgiving Fest
Nov. 22, Beaufort
252-728-5225
beauforthistoricsite.org

Festive Holiday Kick-Off Weekend
Nov. 27–29, New Bern
252-639-3500

There are more than 200 farmers markets in North Carolina, and some stay open year-round. For one near you, visit **ncfarmfresh.com/farmmarkets.asp**

CAROLINA COUNTRY adventures

A memorable museum celebrates motorsports and auto heritage

Ladies and gentlemen, start your engines and head toward Mooresville. You may already know this busy town as "Race City USA," home to many NASCAR teams and drivers, an INDYCAR team and The North Carolina Auto Racing Hall of Fame. But there is even more in Mooresville pertaining to racecar heritage. There's the Memory Lane Motorsports and Historical Automotive Museum.

Located one mile west of I-77, the 40,000-square-foot museum boasts what is likely the largest private collection of retired NASCAR and vintage race cars.

Home to more than 180 race cars and antique and rare vehicles, it features more than 15 different types of race cars, from Soap Box Derby cars to Winston Cup stock cars. You can see cars driven by Dale Earnhardt Sr., Richard Petty, Bobby Allison, A.J. Foyt, Cale Yarborough and other legendary talents. Wrecked NASCAR cars reveal safety features developed over the years.

There's also a renowned collection of go-karts, along with grand vintage and antique autos, including fancy roadsters, Model Ts, and a 1904 black Lutz. Other swell treasures include more than 15 vintage motorcycles, and old bicycles, gas pumps, tractors, toys and period advertisements.

The museum founder, Alex Beam, says his first car was a 1931 Model A Ford he restored while in high school. The Mooresville native jokes he's still making payments on that Model A, but actually in college he restored more vehicles. By the time he graduated from Davidson he was becoming a serious collector.

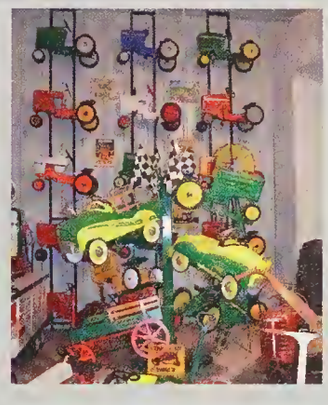
His collection became a go-to place for television and film producers. It has supplied props and vehicles to movies such as "The Color Purple," "Talladega Nights," and "Leatherheads," plus programming on IMAX, ESPN and The History Channel. Beam's collection provided 23 cars in "Days of Thunder." In "Driving Miss Daisy," the first car that chauffeured leading actress Jessica Tandy was from his stock.

Recently, the museum rented out 25-30 cars for a 2016 TV mini-series called "American Speed: The True Story of NASCAR," filmed in West Virginia. You can see mini movie set displays with period antiques.

"We have so many different things in here," says Beam, who is an EnergyUnited member. He notes that when visitors convey what they especially like, their likes vary a lot.

There's a well-stocked gift store and contemporary bike shop, too. Admission is $10, free for children 6 and under. For groups of 12 or more, tickets are $8 per person.

—Karen Olson House



Memory Lane Museum
769 River Highway
Mooresville, N.C., 28117
Open 10 a.m. to 5 p.m., Monday–Saturday (hours extended during race weeks, special events)
704-662-3673 or
704-662-FORD
memorylaneautomuseum.com

Other Mooresville attractions:
877-661-1234
racecityusa.org

By Jim Dulley

Year-round savings

Insulated window shades boost comfort while lowering energy use

If you feel chilly near a window in your home this fall or winter, you're likely losing energy. And that drives up your electric bill. This is also true in warmer weather, when heat transfers in and forces your air conditioner to run longer. If replacement windows would cost more than your budget allows, window shades are a reasonably priced option to provide energy savings year-round.

Several years ago, I installed Warm Window shades with an R-6 insulation value in my home office. This increased the overall R-value from R-2 to R-8 and improved comfort.

In addition to R-value, important factors to consider include how well shades seal when closed, ease of operation and appearance. Before you buy, operate a sample insulated shade that's similar in size to your needs. If the shade is difficult to open and close, you are less likely to use it.

Almost all commercially available window shades list R-value on the packaging. They typically include some type of air barrier film sewn inside the shade to block air flow through it. An aluminized or other type of low-emissive film is best to help block the radiant heat transfer through the shade material.

There should be deep vertical tracks that mount on the sides of the window opening for the edges of the shade material. Deeper tracks provide a better seal. Adhesive-backed vinyl tracks are often included with the shades. Also, look for brush or foam weather stripping on the bottom edge where it rests on the windowsill when closed.

If you buy insulated shades that do not have vertical tracks, it's possible to make your own. Buy long pieces of aluminum U-channel at a home center or hardware store. Drill small holes in them and mount them with screws.

Cellular shades are a less expensive option and best to use where you want some natural light. The double-cell shades create an additional air gap for better insulation. Since their width grows as they are pulled up and collapsed, side channels are not very effective with this option.

These are double-cell, light blocking cellular shades. They slide in tracks on the sides to reduce air flow and drafts from the cold window glass.

The most common type of do-it-yourself window shade is a Roman shade design. The key to efficiency is to make them as thick as possible, while still being able to fold them up when opened. Include a reflective air barrier between the center layers. Reflective Mylar film works well for this and is very flexible.

Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, Ohio, 45244, or visit dulley.com.

Resources

These companies offer insulating shades:

Country Curtains
800-937-1237
countrycurtains.com

Cozy Curtains
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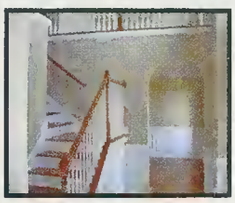

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By Hannah McKenzie

Duct sealing: What's the big deal?

Q: A friend recommended that I have my home's HVAC ducts sealed to improve energy efficiency and indoor air quality. I don't see any holes in the ducts. Wouldn't it be better to have the ducts cleaned?

A: It is confusing to have duct sealing recommended when you don't see obvious holes in your HVAC ducts. Duct leakage is not only a major factor in energy bills and indoor air quality (IAQ), but also impacts the comfort and durability of your home.

I have inspected hundreds of North Carolina homes that reportedly had properly sealed ducts but an air tightness test revealed otherwise. Professional HVAC companies, home energy raters like myself and now building code officials rely on testing to make sure ducts are properly sealed.

When looking for leaks in duct systems, we're not only looking for holes we can stick our fingers through, but also small gaps, pin holes and unsealed joints that can add up to a big problem. Research estimates that many North Carolina homes built prior to 2012 manifest up to 25 percent of heated and cooled air being lost through duct leaks. Considering that heating and cooling our homes is often the largest energy expense, sealing ducts may be a sensible energy saving home improvement. Since 2012, the North Carolina building code requires all forced air HVAC systems in new homes to pass tests proving the system is losing no more than 6 percent of the heated and cooled air.

Many North Carolina homes built prior to 2012 manifest up to 25 percent of heated and cooled air being lost through duct leaks.

Improved IAQ is often another benefit of properly sealed ducts. Like a rip current dangerously pulling a person away from the ocean shore, tiny holes and gaps in an HVAC system may suck dust and unsavory air into the HVAC system and ultimately circulate it in your home.

A Duct Blaster test by a qualified HVAC professional can reveal where ducts leak.

When looking for duct leaks, start indoors by removing the grill from the air supply and return vents. Is there caulk or foam sealing the gap between the metal boot and the ceiling, floor or wall? Even a gap as thin as a 1/16 inch can add up to a big area if you consider the same gap around the other 10 to 20 supply vents in your home. Dirty or rusted air supply grills can also be a red flag that the HVAC system is blowing attic or crawlspace air into your home.

Next go peek at the HVAC ducts and air handler. All ducts should be securely connected to one another, the HVAC unit and the floor or ceiling. Look below the duct insulation to confirm that the duct joints are covered in a dry paste called mastic. Research has shown that tape alone is often an inadequate joint sealant. An HVAC professional will be able to seal all parts of the HVAC system and test it to ensure it meets the agreed upon duct tightness.

Contact your electric cooperative to ask about recommended HVAC professionals and guidance for duct sealing. When selecting an HVAC company, solicit estimates from at least three companies and be sure they include air tightness testing as part of their package. Contact at least three references from each company to make sure the HVAC professionals were respectful, timely and did quality work.

Duct cleaning can be tempting since advertisements and coupons claim duct cleaning services to be a "quick fix" for poor IAQ. We'll explore the ins and outs of duct cleaning next month. A good first step for improving a home's IAQ and energy efficiency is reducing duct leakage. The payback is well worth it.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

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Italian Three Cheese Macaroni

- 4 cups uncooked elbow macaroni
- ½ cup butter, cubed
- ¼ cup all-purpose flour
- 2 teaspoons Italian seasoning
- 1 teaspoon salt
- 1 teaspoon pepper
- 4 cups 2% milk
- 2 cups (8 ounces) shredded cheddar cheese
- ½ cup grated Parmesan cheese
- 2 cans (14½ ounces each) diced tomatoes, undrained
- 2 cups (8 ounces) shredded part-skim mozzarella cheese
- ½ cup dry bread crumbs
- 2 tablespoons butter, melted

Cook macaroni according to package directions.

Meanwhile, preheat oven to 350 degrees. In a small saucepan, melt butter. Stir in flour, Italian seasoning, salt and pepper until smooth; gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in the cheddar and Parmesan cheeses until melted. Drain the macaroni.

Spread 1 cup cheese sauce in a greased 13-by-9-inch baking pan. Layer with half of macaroni, tomatoes and cheese sauce. Repeat layers. Sprinkle with mozzarella cheese. Combine bread crumbs and butter; sprinkle over top.

Cover and bake for 40 minutes. Uncover and bake for 10–15 minutes longer or until golden brown and bubbly. Let stand 5 minutes before serving.

Yield: 12 servings

Incredible Coconut Cake

- 5 eggs, separated
- 2 cups sugar
- ½ cup butter, softened
- ½ cup canola oil
- 1 teaspoon coconut extract
- ½ teaspoon vanilla extract
- ¼ teaspoon almond extract
- 2¼ cups cake flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup buttermilk
- 2 cups flaked coconut, chopped
- ¼ teaspoon cream of tartar

Frosting

- 2 packages (one 8-ounce, one 3-ounce) cream cheese, softened
- ⅔ cup butter, softened
- 4⅓ cups confectioners' sugar
- 1¼ teaspoon coconut extract
- 2 cups flaked coconut, toasted

Place egg whites in a large bowl and let stand at room temperature for 30 minutes. Preheat oven to 325 degrees.

In another large bowl, beat sugar, butter and oil until well blended. Add egg yolks, one at a time, beating well after each addition. Beat in extracts.

Combine flour, baking powder, baking soda and salt; add to creamed mixture alternately with buttermilk, beating well after each addition. Stir in the coconut.

Add cream of tartar to egg whites; with clean beaters, beat on medium until stiff peaks form. Fold a fourth of the egg whites into the batter, then fold in the remaining white.

Transfer to three greased and floured 9-inch round baking pans. Bake for 25–30 minutes or until a toothpick inserted in the center comes out clean. Cool 10 minutes before removing from pans to wire racks to cool completely.

For frosting, in a small bowl, beat cream cheese and butter until fluffy. Add confectioners' sugar and extract; beat until smooth.

Place one cake layer on a serving plate; spread with ½ cup frosting and sprinkle with ⅓ cup coconut. Repeat. Top with remaining cake layer. Spread remaining frosting over top and sides of cake; sprinkle with remaining coconut. Refrigerate for 2 hours before cutting. Store in refrigerator.

From Your Kitchen

Cranberry Salad

- 3 cups fresh cranberries*
- ¾ cup sugar (or 18-20 packs of Splenda or Truvia)
- 1 can (8-ounce) crushed pineapple in juice
- 2 small boxes of regular or sugar-free raspberry Jello
- 3 tablespoons fresh lemon juice
- 1½ cups apples, peeled and diced
- ½ cup or more pecans, chopped (optional)

**Freezing cranberries makes it easier to chop them in the blender.*

Chop cranberries in blender and place in large bowl. Stir sugar into cranberries and set aside.

Drain pineapple, reserving juice. Add enough water to pineapple juice to make 2 cups liquid. Heat pineapple/water liquid to boiling, add Jello and stir until dissolved. Stir in 1 cup cold water and lemon juice. Let sit on counter until cool, and then place in refrigerator until slightly thickened.

Mix drained pineapple, apple and cranberries together; add nuts if desired, and set aside.

Once Jello has thickened (but not set), add the Jello to the pineapple/apple/cranberry mixture. Place in serving dish and chill several hours (best to chill overnight).

This recipe comes from Lucy Buchanan of Indian Trail, a member of Union Power Cooperative

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